



KAMBROOK

GET MORE THAN YOU PAY FOR™

Kambrook Essentials Slow Cooker



KSC320

Issue 1/07





KAMBROOK SAFETY

READ ALL INSTRUCTIONS BEFORE OPERATING AND SAVE FOR FUTURE REFERENCE

Welcome to Kambrook and your new Kambrook Essentials Slow Cooker.

At Kambrook, we believe that the safe performance of our products is the first priority in any consumer product so that you, our valued customer, can confidently use and trust our appliances.

We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

IMPORTANT SAFEGUARDS FOR YOUR KAMBROOK ESSENTIALS SLOW COOKER.

Carefully read all instructions before operating the Kambrook Essentials Slow Cooker and save for future reference.

Remove any packaging material and promotional stickers before using the Kambrook Essentials Slow Cooker for the first time.

Do not place the Kambrook Essentials Slow Cooker on the edge of a bench or table during operation. Ensure the surface is level, clean and free of water etc.

Do not use on metal surfaces, for example, a sink drain board.

Do not place the Kambrook Essentials Slow Cooker on or near a hot gas or electric burner, or where it could touch a heated oven. Use the Kambrook Essentials Slow Cooker well away from walls.

When using the Kambrook Essentials Slow Cooker, provide adequate space above and on all sides for air circulation.

Always ensure the Kambrook Essentials Slow Cooker is properly assembled before use.

Never plug in or switch on the Kambrook Essentials Slow Cooker without having the removable crockery bowl placed inside the housing.

Use only the removable crockery bowl supplied. Do not use any other bowl inside the housing.

Do not place food or liquid in the housing. Only the removable crockery bowl is designed to contain food or liquid.

Never operate the Kambrook Essentials Slow Cooker without food and liquid in the removable crockery bowl.

Ensure that the food or liquid to be cooked fills half or more of the removable crockery bowl.

Extreme caution must be used when the appliance contains hot food and liquids. Do not move the appliance during cooking.

Always have the glass lid placed correctly into position on the removable crockery bowl throughout operation of the appliance unless stated in the recipe to have it removed.

Do not touch hot surfaces. Use handles to move the Kambrook Essentials Slow Cooker and dry pot holders or oven mitts to remove the removable crockery bowl when hot.

Do not place the removable crockery bowl when hot on any surface that may be affected by heat.

Avoid sudden temperature changes. Do not place frozen or very cold foods into the removable crockery bowl when it is hot. Do not place removable crockery bowl when hot into cold water.

Do not use the removable crockery bowl in a conventional oven. Do not place the removable crockery bowl onto a gas burner, heater or electric burner.

Do not use a damaged or cracked removable crockery bowl. Replace before using.

Avoid scalding from escaping steam when removing the glass lid from the removable crockery bowl when hot by carefully lifting the lid angled away from yourself.

Do not allow water from the lid to drip into the housing, only into the removable crockery bowl.

Do not place anything, other than the lid, on top of the Kambrook Essentials Slow Cooker when assembled, when in use and when stored.

Always switch the Kambrook Essentials Slow Cooker to the 'Off' position, then switch off at the power outlet, then unplug and allow to cool, if appliance is not in use, before cleaning, before attempting to move the appliance, disassembling, assembling and when storing the appliance.

Keep the housing, removable crockery bowl and glass lid clean. Follow the cleaning instructions provided in this book.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

Fully unwind the cord before use.

To protect against electric shock, do not immerse the cord, plug or housing in water or any other liquid.

Do not let the cord hang over the edge of a table or counter, touch hot surfaces, or become knotted.

This appliance is not intended for use by young children or infirm persons without supervision, unless they have been adequately supervised by a responsible person to ensure they can use the appliance safely.

Young children should be supervised to ensure that they do not play with the appliance.

It is recommended to inspect the appliance regularly. Do not use the appliance if the power supply cord, plug and or appliance becomes damaged in anyway. Return the entire appliance to the nearest authorised Kambrook Service Centre for examination, and/or repair.

Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.

This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.

The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

FEATURES OF YOUR KAMBROOK ESSENTIALS SLOW COOKER



1. Tempered glass lid allows you to monitor food during cooking
2. Removable crockery bowl with 3 litre capacity
3. Cool touch handles
4. Dishwasher safe stoneware crockery bowl
5. Temperature control dial with High, Low and Keep Warm settings
6. Anti-slip feet for added safety
7. Dual internal thermostat

OPERATING YOUR KAMBROOK ESSENTIALS SLOW COOKER

BEFORE FIRST USE

Remove all promotional stickers and packaging material.

Wash the removable crockery bowl and glass lid in hot, soapy water, rinse and dry thoroughly.

Ensure the interior of the housing is clean and clear of any debris.

OPERATING INSTRUCTIONS

1. Before placing the removable crockery bowl in the housing, ensure the exterior is clean. This will ensure proper contact with the inner cooking surface.
2. Place the prepared food into the removable crockery bowl, ensuring denser foods are spread evenly across the bottom of the bowl and not heaped to one side. Place the glass lid into position.
3. Insert the removable crockery bowl into the housing.
4. Plug the Kambrook Essentials Slow Cooker into a 230/240V power outlet and switch the power on at the power outlet.
5. Select the required setting using the temperature control dial or as recommended in the recipe section.
6. When cooking is complete and the keep warm function is not required, turn the temperature control dial to the OFF position, switch off at the power outlet and then unplug.

IMPORTANT

Always use the Kambrook Essentials Slow Cooker on a dry, level surface.

Never operate without food and liquid in the removable crockery bowl.

Never operate without the removable crockery bowl positioned in the housing.

Always have the glass lid firmly in position on the removable crockery bowl throughout the operation of the appliance unless where stated in a recipe to have it removed.

Always use pot holders or oven mitts when removing the removable crockery bowl when hot.

Do not place the removable crockery bowl when hot on any hot surface that may be affected by heat.

CAUTION: ALWAYS LIFT AND REMOVE THE GLASS LID CAREFULLY AND ANGLED AWAY FROM YOURSELF TO AVOID SCALDING FROM ESCAPING STEAM.

USING THE TEMPERATURE CONTROL SETTINGS

LOW SETTING

The Low setting gently simmers food for an extended period of time without overcooking or burning. Generally no stirring is required when using this setting.

HIGH SETTING

The High setting is used when cooking dried beans or pulses and will cook food in half the time required for the Low Setting. Some foods may boil when cooked on the High Setting, so it may be necessary to add extra liquid. This will depend on the recipe and the amount of time in which it is cooked. Occasional stirring of stews and casseroles will improve the flavour distribution.

KEEP WARM SETTING

The Keep Warm setting is used to keep cooked foods at serving temperature. It is not a cooking setting and should only be used after first cooking on the Low or High setting. It is not recommended to keep food on the Keep Warm setting for more than 4 hours.

A BEGINNER'S GUIDE TO SLOW COOKING

In years gone by, food cooked in large pots and allowed to simmer for hours was full of



flavour, moist and tender. The Kambrook Essentials Slow Cooker is designed to produce these same results, whilst leaving you the time to do other things, making it perfect for today's busy lifestyles.

Here is a guide to help simplify the process of slow cooking, allowing you to obtain maximum satisfaction from your Kambrook Essentials Slow Cooker:

TIMING

Always allow sufficient time for the food to cook. It is almost impossible to overcook in the Kambrook Essentials Slow Cooker particularly when using the Low Setting.

Most of the recipes contained within this book can be cooked on the High or Low settings, however the cooking times will vary accordingly. Each recipe will give specific instructions indicating the appropriate settings and suggested cooking times.

ADAPTING COOKING TIMES

Your favourite traditional recipes can be adapted easily by halving the amount of liquid and increasing the cooking time considerably. The following is a guide to adjusting your favourite recipes:

Traditional Recipe Time	Meal Maker Recipe Time
15-30 minutes	4-6 hours on Low Setting
60 minutes	6-8 hours on Low Setting
1-3 hours	8-12 hours on Low Setting

NOTE: High humidity, altitude, cold tap water and ingredients and minor fluctuations may slightly affect the cooking times in the Kambrook Essentials Slow Cooker.

NOTE: These times are approximate. Times can vary depending on ingredients and quantities in recipes.

ADAPTING LIQUID AMOUNTS

When food is cooking in your Kambrook Essentials Slow Cooker, most moisture is retained. To allow for this when using

traditional recipes it is advisable to halve the liquid content.

However, after cooking if the liquid quantity is excessive, remove the lid and operate the Kambrook Essentials Slow Cooker on the High Setting for 30-45 minutes or until the liquid reduces by the desired amount. Alternatively, the liquid can be thickened by adding a mixture of cornflour and water.

STIRRING THE FOOD

Little or no stirring is required when using the Low Setting. However, stirring the food when using the High setting ensures more even flavour distribution.

PREPARING MEAT AND POULTRY

Select the leanest cuts when purchasing meat. Trim the meat or poultry of any visible fat. If possible, purchase chicken portions without the skin. Otherwise, the slow cooking process will result in extra liquid being formed from the fat as it melts.

For casserole-type recipes, cut the meat into cubes, approximately 2.5cm to 3cm. Slow cooking allows less tender cuts of meat to be used.

Suitable Meat Cuts for Slow Cooking

Beef	Beef Chuck, Skirt, Round Steak, Boneless Shin (Gravy) Beef, Bone-In Shin (Osso Bucco).
Lamb	Lamb Shanks, Drumsticks (Frenched shanks) Neck Chops, Best Neck Chops, Boned Out Forequarter or Shoulder.
Veal	Diced Leg, Shoulder/Forequarter Chops and Steaks, Neck Chops, Knuckle (Osso Bucco).
Pork	Leg Steaks, Diced Belly, Diced Shoulder, Boneless Loin Chops.

BROWNING BEFORE SLOW COOKING

Pre-browning meat and poultry, prior to slow cooking, seals in the moisture, intensifies the flavour and provides more tender results, whilst producing richer flavours in other food, such as onions, capsicums and leeks. Pre-browning may take a little extra time, and

whilst not strictly necessary, the rewards are evident in the end results. Use a non-stick pan to reduce the amount of oil required.

ROASTING

Roasting meats in the Kambrook Essentials Slow Cooker creates tender, flavoursome results that are easy to slice. The long, slow, covered cooking process breaks down and softens the connective and muscle tissue within the meat. Cheaper cuts of meat can be used to provide perfect results cooked by this method.

Meat will not brown during the roasting process, so for browner results seal in a frypan before roasting.

The addition of liquid is not required for roasting. Elevate the meat to be roasted on an inverted, heat proof saucer or plate. This will assist in keeping the surface of the meat dry and free from any fat released throughout the cooking process.

Suitable Cuts for Roasting

Beef	Blade, Rump, Rib Roast, Sirloin, Fresh Silverside, Topside.
Lamb	Leg, Mid Loin, Rack, Crown Roast, Shank, Shoulder, Mini Roasts.
Veal	Leg, Loin, Rack, Shoulder/Forequarter.
Pork	Loin, Neck, Leg (remove skin and fat), Racks.

POT ROASTING

The addition of liquid is required for pot roasting. Place sufficient liquid into the Removable Crockery Bowl to cover up to a third of the meat. Meat will not brown during the pot roasting process. For browner results, seal in a frypan before pot roasting.

Suitable Cuts for Pot Roasting

Beef	Beef Topside, Blade, Silverside Roasts, Rolled Brisket.
Lamb	Forequarter, Shank, Shoulder
Veal	Shoulder/Forequarter.
Pork	Loin, Neck.

PREPARING VEGETABLES

Vegetables should be cut into small even-sized pieces to ensure more even cooking. Frozen vegetables must be thawed before adding to other foods cooking in the Kambrook Essentials Slow Cooker.

PREPARING DRIED BEANS AND PULSES

If time permits, overnight soaking of dried beans and pulses is preferable. After soaking, drain and place in the Kambrook Essentials Slow Cooker and cover with sufficient water to reach double their volume. Cook beans on the High Setting for 2-4 hours or until tender. Pre-soaked beans and pulses will cook a little faster.

HINTS AND TIPS

- Always thaw frozen meat and poultry before cooking.
 - Trim all visible fat from meat or poultry.
 - Meat and poultry require at least 6-7 hours of cooking on Low setting.
 - Ensure that the food or liquid to be cooked fills half or more of the removable crockery bowl.
 - On completion of cooking, if there is too much liquid remove the lid, turn the temperature control dial to the High setting and cook for 35-40 minutes until the liquid reduces.
- ## DO'S
- Do ensure the removable crockery bowl is at room temperature when placing into the housing prior to cooking.
 - Do avoid extreme temperature changes to the crockery bowl and glass lid. Handle the crockery bowl and glass lid with care.
 - Do use oven mitts when lifting the crockery bowl containing hot liquids.
 - Do place the removable crockery bowl



onto a heat proof place mat when serving from the crockery bowl at the table.

DON'TS

- Do not place removable crockery bowl or glass lid into or under cold water while still hot.
- Do not use the removable crockery bowl or glass lid if chipped or cracked.
- Do not operate the Kambrook Essentials Slow Cooker without the removable crockery bowl in position.
- Do not place a hot removable crockery bowl onto a wet surface.
- Do not cook with frozen meats or poultry.

NEVER

- Place water or other liquids into the base of the housing Kambrook Essentials Slow Cooker.
- Immerse the housing, cord or plug of the Kambrook Essentials Slow Cooker. in water.
- Touch hot surfaces with bare hands.

CAUTION: ENSURE REMOVABLE CROCKERY BOWL IS CORRECTLY POSITIONED IN THE HOUSING BEFORE YOU COMMENCE COOKING.

CARE AND CLEANING

Before cleaning, switch the temperature control dial to OFF and switch off the Kambrook Essentials Slow Cooker at the power outlet and then unplug.

Always allow the appliance to cool before cleaning.

To remove stubborn, cooked-on foods in the removable crockery bowl, soften by filling with warm, soapy water and allow to soak for 20-30 minutes. Remove by lightly scrubbing with a soft nylon kitchen brush.

The removable crockery bowl and glass lid can be washed in hot, soapy water using a

mild household detergent. Rinse and dry thoroughly.

Do not use abrasive cleaners, steel wool, or metal scouring pads as these can damage the surfaces.

The removable crockery bowl and glass lid are dishwasher safe, however care should be taken not to chip or crack the crockery bowl or lid.

The housing can be wiped over with a soft, damp cloth and then dried thoroughly

CAUTION: DO NOT IMMERSE HOUSING OR POWER CORD IN WATER OR ANY OTHER LIQUID AS THIS MAY CAUSE ELECTROCUTION.

VEGETABLE SOUP - Serves 16

90g butter, optional
8 large potatoes, peeled & diced
4 large onions, peeled & diced
Salt & pepper to taste
2 tablespoons chopped parsley
4 large carrots, diced
2 sticks celery, diced
3 litres chicken or beef stock
1 cup cream

Melt butter in a saucepan, add vegetables and cook for 15-20 minutes - stirring occasionally. Place vegetables in Kambrook Essentials Slow Cooker and add stock and seasoning. Cover and cook on LOW for 6-8 hours. Just before serving, stir in cream and parsley.

It is not necessary to cook vegetables in butter before placing in the Kambrook Essentials Slow Cooker, but it will enhance the flavour.

VICHYSOISE - Serves 12

4 leeks or onions
1 extra onion, peeled & chopped
4 medium potatoes, peeled & diced
2 cups milk
1/3 cup sour cream
60g butter
Salt & pepper to taste
1 1/2 litres chicken stock
1 cup cream
2 tablespoons chopped chives

Halve the leeks lengthwise, wash thoroughly to remove all grit, slice finely. If using onions, peel and slice. Melt butter in a pan, add leeks or onion and chopped onion and sauté over low heat until softened but not browned. Place in Kambrook Essentials Slow Cooker with seasonings and potatoes. Stir in stock and cover, cook on LOW for 10-12 hours or HIGH for 3-4 hours. Stir in milk, allow to cool then puree in a blender or food processor. Stir in cream, then chill. Serve topped with a spoonful of sour cream and sprinkle with chives.

Vichyssoise may also be served hot.

CREAM OF MUSHROOM SOUP - Serves 12

2 tablespoons butter or margarine
1 1/2 litres chicken stock
Salt & pepper, to taste
2 cups milk
2 tablespoons chopped parsley
750g mushroom, sliced
1 large onion chopped
2 cups cream
4 tablespoons flour

Melt butter in a saucepan and add mushrooms, sauté lightly. Place mushrooms, chicken stock, onion and seasoning into Kambrook Essentials Slow Cooker and stir well. Cover and cook on LOW for 6-10 hours, or HIGH for 2 1/2 -3 hours. About 30 minutes before serving, turn to HIGH then stir in cream and milk. Blend four with a little milk, add some of the hot soup, and blend until smooth. Stir flour mixture into the soup, cook until thickened. Serve topped with parsley.

RECIPES

FRENCH ONION SOUP - Serves 16

4 litres beef stock
125g butter
2 tablespoons sugar
1/2 cup brandy
6 onions, thickly sliced
2 teaspoons salt
4 tablespoons flour
1 1/2 cups grated Parmesan cheese

Pour stock into Kambrook Essentials Slow Cooker and set on HIGH. Cook onions slowly in a pan with butter for 15 minutes. Add salt, sugar and flour, stir well. Add onion mixture to Kambrook Essentials Slow Cooker. Cover and cook on LOW for 6-8 hours or HIGH for 3 hours. Add brandy and serve sprinkled with Parmesan cheese.

SWISS STEAK - Serves 8

2kg round steak, trimmed
Salt & pepper to taste
4 carrots, peeled & chopped
1 cup grated Cheddar cheese
2 teaspoons Worcestershire sauce
1/2 cup flour
2 stalks celery, chopped
2 onions, peeled & chopped
2x425g cans tomatoes

Cut steak in to serving size pieces. Toss in flour mixed with seasonings. Place in Kambrook Essentials Slow Cooker. Add chopped vegetables and Worcestershire sauce. Pour tomatoes over meat and vegetables. Cover and cook on LOW for 7-10 hours or HIGH for 4 hours. Just before serving, sprinkle with grated cheese.

CHILLI CON CARNE - Serves 12

1kg dry red kidney beans
1/3 cup flour
2 teaspoons salt
1x425 can tomatoes
4 cloves garlic
1kg steak, cut into thin strips
2 teaspoons chilli powder
2 large onions, chopped
1 litre water

Wash the beans well. Toss the steak in flour mixed with salt and chilli powder. Place all ingredients in the Kambrook Essentials Slow Cooker and stir well. Cover and cook on LOW for 8-9 hours.

CHICKEN IN A POT - Serves 10-12

4 carrots, sliced
4 stalks celery
1 tspn salt
1 cup chicken stock or white wine
4 onions, peeled & sliced
2 kg chicken pieces
1 tspn ground black pepper
1 1/2 tspn dried basil or oregano

Place half of the carrots, onion and celery in the bottom of the Kambrook Essentials Slow Cooker. Add the chicken pieces. Add salt, pepper, liquid and remaining vegetables. Sprinkle with herbs. Cover and cook on LOW for 6-8 hours or HIGH for 4 hours.



RECIPES

BEEF IN RED WINE - Serves 12

125g butter	2 bouquet garni
1 cup flour	Salt & pepper to taste
1 leek, finely chopped	1x700ml bottle red wine
2kg blade or chuck steak, trimmed	
2 onions, peeled & finely chopped	
2 carrots, peeled & finely chopped	
2 cloves garlic, peeled & crushed	
2 tablespoons chopped parsley	
2 tablespoons chopped chives	

Cut meat into cubes. Toss in flour mixed with seasonings. Heat butter in a frypan and brown the meat quickly over high heat. Place the meat into the Kambrook Essentials Slow Cooker and add onions, leek, carrots, garlic, parsley and chives. Add bouquet garni. Pour red wine into pan used for browning the meat and bring to boil. Pour heated liquid into the Kambrook Essentials Slow Cooker, cover and cook on LOW for 6-8 hours or HIGH for 3-4 hours.

CHICKEN MARENGO - Serves 10-12

2kg chicken pieces or drumsticks	2 tablespoons flour
Salt & pepper to taste	2 tablespoons vegetable oil
2 tablespoons butter	4 cloves garlic, crushed
2 litres chicken stock	1/3 cup brandy
4 large tomatoes, peeled & chopped	24 mushrooms, chopped
2 bouquet garni	2 tablespoons chopped parsley

Cut chicken into serving pieces, pat each piece dry and toss in flour mixed with seasonings. Heat oil and butter in a pan, add the chicken pieces and cook over medium heat until golden, turning frequently. Remove from pan, drain and place in Kambrook Essentials Slow Cooker. Add the garlic, stock, brandy, tomatoes, mushrooms and bouquet garni. Cover and cook on LOW for 6-8 hours or HIGH for 4-6 hours. Serve on a bed of hot rice or couscous and sprinkle with parsley.

To thicken the sauce, blend 2 tablespoons flour and 2 tablespoons milk until smooth. Remove the chicken from the Kambrook Essentials Slow Cooker, stir the flour mixture into the sauce and cook on HIGH for 10 minutes, stirring occasionally.

IRISH STEW - Serves 12

2kg lamb neck chops	1 kg potatoes, peeled & sliced
500g onions, peeled & sliced	Salt & pepper, to taste
3 cups water	¼ teaspoon dried herbs
2 bay leaves	

Trim any excess fat from chops. Place onions, potatoes then chops into Kambrook Essentials Slow Cooker, then add remaining ingredients. Cover and cook on LOW for 8-10 hours or HIGH for 4-5 hours. The starch from the potatoes should make this stew thick and creamy.

COQ AU VIN - Serves 10-12

2kg chicken pieces	6 slices bacon, trimmed & diced
10 small onions, sliced	8 small onions, peeled & quartered
500g mushrooms	2 cloves garlic, peeled & crushed
Salt & pepper, to taste	1 teaspoon dried thyme
2 cups red wine	1 litre chicken stock
16 small potatoes, scrubbed & halved	Chopped parsley

In a large pan, fry the chicken pieces until browned well on all sides - set aside. Using the same pan brown the bacon and sliced onions, drain off excess fat and set aside with chicken. Place the onions, mushrooms and garlic in the Kambrook Essentials Slow Cooker. Add the chicken, bacon and sliced onions, salt and pepper to taste, thyme, potatoes, wine and stock. Cover and cook on LOW for 7-8 hours or HIGH for 3-4 hours. Serve garnished with chopped parsley.

BEEF CURRY - Serves 12

2 kg blade or chuck steak	½ cup flour
1/3 cup curry power (or to taste)	1/3 cup vegetable oil
2 large onions, peeled & finely chopped	1 teaspoon salt
2 pieces fresh ginger, grated	2 cinnamon sticks
2 tablespoons vinegar	2 strips lemon rind
2 litres beef stock	8 cloves garlic, peeled & crushed

Cut steak into 2.5cm cubes, toss in the flour mixed with the curry powder. Lightly brown the meat in a pan with the oil, onions, garlic and ginger. Place in the Kambrook Essentials Slow Cooker and remaining ingredients. Mix well, cover and cook on LOW for 8-9 hours or HIGH for 4 hours. Serve with fluffy steamed rice.

MEATBALLS IN CREAMY MUSHROOM SAUCE - Serves 12

1kg minced beef	500g pork mince
2x60g eggs	¼ cup chopped parsley
Salt & pepper, to taste	3 cups fresh bread crumbs

Mushroom Sauce:

2 cups sour cream	2 cups beef stock
½ cup flour	½ cup sherry
2 teaspoons paprika	
2x440g can mushrooms in butter sauce	

Place all the mushroom sauce ingredients except sour cream into Kambrook Essentials Slow Cooker and stir to combine. Mix all ingredients for meatballs together in a bowl and shape into walnut size balls. Fry meatballs in a pan then add to sauce in the Kambrook Essentials Slow Cooker. Cover and cook on LOW for 6-8 hours or HIGH for 2-4 hours. Fifteen minutes before serving, switch to HIGH and stir in the sour cream. Serve with fluffy rice or couscous.

CHICKEN PARISIENNE - Serves 12

12 chicken breasts	Salt & pepper, to taste
1 teaspoon paprika	1 cup dry white wine
1x440g can sliced mushrooms	2 cups sour cream
1 teaspoon paprika	2x440ml cans cream of chicken soup

Sprinkle chicken breasts lightly with salt, pepper and paprika. Place in the Kambrook Essentials Slow Cooker. Mix together wine, soup, mushrooms and sour cream. Pour over chicken breast, sprinkle with paprika. Cover and cook on LOW for 6-8 hours or HIGH for 4-6 hours.

Note: if cooking on HIGH, do not add sour cream until the last 30 minutes of cooking time. Serve with rice or noodles.

MEAT LOAF - Serves 10-12

2 kg lean mince steak	500g sausage mince
2 onions, peeled & diced	4 cloves garlic, peeled & crushed
2x425g cans tomatoes	½ cup tomato sauce
2 cups diced bread	4x60g eggs
Salt & pepper, to taste	4 potatoes, peeled & sliced
1 tablespoon Worcestershire sauce	

Sauce:

1 cup tomato sauce	½ cup brown sugar
3 teaspoons dry mustard	1 teaspoon nutmeg

Combine meats, onion, garlic, tomatoes, tomato sauce, bread, eggs, Worcestershire sauce and seasonings to taste. Mix well and shape into a loaf. Place sliced potato into the bottom of the Kambrook Essentials Slow Cooker and place meat loaf on top. Combine sauce ingredients and pour sauce over meat loaf. Cover and cook on LOW for 8-10 hours.

GLAZED CORNED BEEF - Serves 10-12

2 bay leaves	1 large onion, sliced
3 strips orange peel	4 whole cloves
2 litres water	2-2.5 kg corned beef

Glaze:

4 tablespoons orange juice	4 tablespoons honey
2 tablespoons Dijon mustard	

Place bay leaves, onion, orange peel, cloves and water in Kambrook Essentials Slow Cooker and mix well. Add corned beef with the fat side facing upwards. Cover and cook on LOW for 10-12 hours or HIGH for 5-6 hours or until tender. Remove meat from the liquid. Score (cut) the top of the corned beef in crisscross diamond or triangle shapes. Insert extra cloves into the centre of each diamond if desired. Place corned beef on a heat proof platter. Mix all glaze ingredients together until smooth and blended. Spoon glaze over the corned beef. Bake in a pre-heated oven at 200°C for 20-30 minutes, basting occasionally with glaze. Serve hot or cold.

PORK & VEAL PICNIC TERRINE - Serves 12-14

1.5 kg pork & veal mince	2 cloves garlic, crushed
Salt & pepper, to taste	½ teaspoon dried thyme
½ teaspoon ground cloves	2x60g eggs
Grated rind 1 lemon	½ cup dry sherry or brandy
2 bay leaves	1 litre water
Lemon slices to garnish	

Lightly grease a heat proof terrine dish or loaf tin which will fit into the Kambrook Essentials Slow Cooker. Combine minced meat, garlic, seasonings, thyme, cloves, eggs, lemon rind and sherry or brandy, mix well. Spoon into the terrine dish and smooth out the top, arrange bay leaves and lemon slices on top. Cover the terrine dish with a lid or a few layers of foil and secure. Place 1 cup of water in the Kambrook Essentials Slow Cooker and a small trivet or upturned heat proof saucer. Lower terrine onto the trivet in the Kambrook Essentials Slow Cooker, cover with lid and cook on LOW for 8-9 hours, or HIGH for 5-6 hours. Remove the terrine from the Kambrook Essentials Slow Cooker, cool with a weight on top of the terrine then chill. Serve with crusty bread and spicy chutney.

Note: Replenish water in the crockery bowl during the cooking time if required. Ensure the water does not ingress into the terrine dish.

RATATOUILLE - Serves 8-12

8 tomatoes, sliced	4 onions, peeled & sliced
6 large zucchini, sliced	Salt & pepper to taste
1 cup oil	
2 medium egg plants, cubed but not peeled	
4 cloves garlic, peeled & crushed	
4 red capsicum, trimmed & sliced	

Place onions in the Kambrook Essentials Slow Cooker first then add remaining ingredients. Cover and cook on LOW for 8-9 hours. The vegetables should be soft but not mushy. Serve Ratatouille hot or cold, as a filling for crepes and omelettes, as an accompaniment to meats and poultry, over a bed of rice or couscous or with a hot dish of pasta.

SCALLOPED POTATOES - Serves 8

12 slices bacon, trimmed
4 onions, peeled & thinly sliced
Salt, pepper & paprika to taste
2 cups grated Cheddar cheese
2 x 285g cans cream of asparagus or mushroom soup
16-20 medium potatoes, peeled & thinly sliced

Cut bacon into pieces. Place a quarter of the bacon, potato and onion into the Kambrook Essentials Slow Cooker. Sprinkle with salt, pepper and paprika, then grated cheese, repeat this procedure three more times until all of the potatoes are used. Gently pour the undiluted soup over the top. Sprinkle with paprika, cover and cook on LOW for 9-10 hours, or HIGH for





RECIPES

5-6 hours.

BAKED POTATOES

Perfect for the barbecue or when cooking for a crowd. Fill the Kambrook Essentials Slow Cooker with like sized scrubbed and buttered potatoes - the Kambrook Essentials Slow Cooker will hold approximately 18-20 potatoes. Sprinkle with seasoned salt, cover and cook on LOW for 8-10 hours. To serve drizzle over sour cream and sprinkle with chopped chives or parsley - serve directly in the bowl to the table.

OLD FASHIONED SAGO PUDDING

Serves 12

1 cup sago	2 cups milk
2 cups sugar	2 cups sultanas
2 cups fresh bread crumbs	2 tablespoons melted butter
1 tablespoon bicarbonate of soda	2x60g eggs
2 litres water	

Soak sago in milk overnight. Add remaining ingredients and mix thoroughly. Place mixture into a heat proof pudding bowl or casserole dish that fits in the Kambrook Essentials Slow Cooker. Cover the bowl or dish with foil and secure around the edges. Place a small trivet or upturned heat proof saucer into the Kambrook Essentials Slow Cooker and add 2 litres of water. Place the pudding bowl onto the trivet. Cover and cook on HIGH for 5-6 hours. Serve hot or warm with thickened cream and a sprinkle of cinnamon or nutmeg.

Note: Replenish water in the crockery bowl during the cooking time if required. Ensure the water does not ingress into the pudding bowl.

RICE CUSTARD - Serves 12-14

3 cups rice	2 litres boiling water
6 x 60g eggs	2 cups sugar
1½ litres milk	1 teaspoon vanilla essence
60 g butter	Nutmeg to taste
1 cup raisins	

Wash rice thoroughly under cold running water. Cook in boiling water for 20 minutes. Drain well and put into a greased heat proof pudding bowl or dish that will fit in the Kambrook Essentials Slow Cooker. Beat eggs with sugar, add remaining ingredients then stir into the rice. Cover bowl with foil and secure. Add 1 litre of water and a small trivet or upturned heat proof saucer into the Kambrook Essentials Slow Cooker. Place rice custard in the bowl onto the trivet. Cover with lid and cook on LOW for 7-9 hours. Serve warm.

Note: Replenish water in the crockery bowl during the cooking time if required. Ensure the water does not ingress into the pudding bowl or dish.

BAKED APPLES - Serves 12

1 cup dried fruits	½ cup brown sugar
2 teaspoons cinnamon	80 g butter
1 litre water	2 tablespoons sugar
12 small Granny Smith apples, washed & cored	

Mix together the dried fruits, brown sugar, cinnamon and butter. Fill the centre of each apple with the dried fruit mixture and place in the Kambrook Essentials Slow Cooker. Combine water and sugar and pour into the Kambrook Essentials Slow Cooker, cover and cook on LOW for 8 hours. Serve warm with custard, cream or ice-cream.

POACHED PEARS IN RED WINE

Serves 12-14

1 litre dry red wine	2 cups brown sugar
12-14 medium pears, peeled & stems removed	

Peel from 1 lemon, cut in strips.

Put wine and sugar in the Kambrook Essentials Slow Cooker. Cover and cook on HIGH until the sugar is dissolved. Place the pears into the Kambrook Essentials Slow Cooker, turn the pears to coat in the wine mixture. Add the lemon peel, cover and cook on LOW for 4-6 hours, turning occasionally or basting with the wine mixture. Serve pears drizzled with the wine mixture.

BREAD & BUTTER PUDDING

Serves 12

8 slices bread, buttered	1 cup mixed dried fruit
½ cup sugar	4x60g eggs
5 cups milk	2 teaspoons vanilla essence
1 litre water	

Layer half of the bread slices, buttered side up, in a greased heat proof dish which will fit in the Kambrook Essentials Slow Cooker. Add a layer of fruit and sugar over the bread and continue the layers until all bread is used. Lightly beat the eggs, milk and vanilla together, gently pour over the bread. Allow to stand for 30 minutes. Cover dish with foil and secure. Add 1 litre of water and a small trivet, or upturned heat proof saucer to the Kambrook Essentials Slow Cooker. Place pudding onto the trivet cover and cook on HIGH for 4-5 hours. Serve with whipped cream and a sprinkle of cinnamon.

Note: Replenish water in the crockery bowl during the cooking time if required. Ensure the water does not ingress into the pudding bowl or dish.

NOTES



KAMBROOK 12 MONTH REPLACEMENT WARRANTY

Kambrook warrants the purchaser against defects in workmanship and material for a period of 12 months from the date of purchase (3 months commercial use).

Guarantee and purchase receipt for this product are to be retained as proof of purchase and must be presented if making a claim under the Kambrook guarantee.

Kambrook reserves the right to replace or repair the appliance within the warranty period.

Warranty does not apply to any defect, deterioration, loss, injury or damage occasioned by, or as a result of the misuse or abuse, negligent handling or if the product has not been used in accordance with the instructions. The guarantee excludes breakages and consumable items such as kneading blades.

This warranty is void if there is evidence of the product being tampered with by unauthorised persons.

If the product includes one or a number of accessories only the defective accessory or product will be replaced. In the event of Kambrook choosing to replace the appliance, the guarantee will expire at the original date, i.e. 12 months from the original date of purchase.

In Australia, this KAMBROOK Guarantee is additional to the conditions and guarantees which are mandatory as implied by the Trade Practises Act 1974 and State and Territory legislation.

For service, spare parts or product information in Australia, please call KAMBROOK on the Customer Service Line; 1300 139 798.

For service, spare parts or product information in New Zealand, please call KAMBROOK New Zealand; 0800 273 845. For spare parts phone 0800 273 845.

If claiming this guarantee the product must be returned freight prepaid.

KAMBROOK 12 MONTH REPLACEMENT WARRANTY

YOUR PURCHASE RECORD (Please complete)

Attach a copy of the purchase receipt here.

DATE OF PURCHASE _____

MODEL NUMBER _____

SERIAL NUMBER _____

PURCHASED FROM _____

(Please don't return purchase record until you are making a claim)

Register your warranty at www.kambrook.com.au/service.asp

KAMBROOK
GET MORE THAN YOU PAY FOR

Kambrook - Australia

461 Plummer Street, Port Melbourne, 3207, Australia

Customer Service Line 1300 139 798

Customer Service Fax 1800 621337

Kambrook - New Zealand

Private Bag 94411, Greenmount, Auckland, New Zealand

Customer Service Line/Spare Parts 09 271 3980

Customer Service Fax 0800 288 513

Due to continual improvement in design or otherwise, the product you purchase may differ slightly from the illustration in this book. Issue 1/07

